



Soldiers assigned to the 3rd BCT, 25th ID, board a C-17 Globemaster III assigned to the 535th Airlift Squadron, 15th Wing, at WAAF, Monday. More than 200 Soldiers from 3rd BCT are participating in Lightning Forge 17 at PTA on the island of Hawaii.

TF Raider boards C-17 for Lightning Forge

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — Elements of Task Force Raider from the 3rd Brigade Combat Team, 25th Infantry Division, performed a rare boarding, here, of a C-17 Globemaster III to fly to the island of Hawaii, Monday.

Normally, Soldiers would board a C-17 from the 535th Airlift Squadron, 15th Wing, at Joint Base Pearl Harbor-Hickam, instead of flying out of here to reach the Pohakuloa Training Area, or PTA.

TF Raider, which is comprised of units from 3rd Squadron, 4th Cavalry Regiment; 2nd Battalion, 35th Inf. Regt.; and 29th Bde. Engineer Bn., represent select elements participating in this annual exercise.

“Task Force Raider is deploying to PTA in support of Lightning Forge 17, and a certain amount of passengers and equipment is loading the C-17 to take a flight over,” said 1st Lt. Michael Wilhelm, unit movement officer, Headquarters and Headquarters Troop, 3-4th Cav. Regt. “Roughly 200 Soldiers are heading to PTA.”

Wilhelm stated TF Raider was going to act as the opposition force to test the 2nd BCT, 25th ID’s capabilities as it transitions from a Stryker brigade to a light infantry brigade.



Soldiers assigned to the 3rd BCT, 25th ID, sit aboard a C-17 Globemaster III assigned to the 535th Airlift Squadron, 15th Wing, Monday.

“I think it is good training as far as deploying rapidly for a Contingency Response Force (CRF) mission,” he said.

He further stated, with the airfield being in close proximity to Schofield Barracks, where the task force is stationed, it was far easier and faster to deploy Sol-



Tech. Sgt. Terry Greenwood, a C-17 aircrew member assigned to the 535th Airlift Squadron, 15th Wing, ground guides a pallet aboard the C-17 at WAAF, Monday.

diers and equipment out of Wheeler instead of Hickam.

Transporting RQ-7B Shadow unmanned aerial vehicles (UAV) from Company D, 29th BEB, by air instead of by sea aboard a logistics support vessel (LSV) proved to be its own set of unique challenges.

“For air load, the restrictions of what you can and can’t bring are much more

stringent than an LSV,” said 1st Lt. Sara M. Downing, Tactical Unmanned Aircraft System (TUAS) Platoon leader, Co. D, 29th BEB. “So, we adhere to all those regulations and have all the requisite paperwork.”

Downing explained the movement of the TAUS Platoon; it allows testing of the

See C-17 A-6

25th Sustainers train to combat chemical warfare

Story and photos by
SGT. IAN IVES
25th Sustainment Brigade
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — With the possibility of chemical warfare on the frontlines, Soldiers from the 25th Sustainment Brigade, 25th Infantry Division, were combating this threat by conducting decontamination training, Oct. 13, with their battalion chemical, biological, radiological and nuclear (CBRN) defense teams.

This realistic training, supervised by the 71st Chemical Company, 303rd Explosive Ordnance Disposal Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, will help Sustainers protect themselves from chemical attacks in any environment.

The multi-day training exercise provided Soldiers with two days of classroom training on CBRN decontamination, lev-

els of Mission Oriented Protective Posture (MOPP) and proper wear of the Joint Service Lightweight Integrated Suit Technology (JSLIST). The final day of training consisted of these Soldiers providing decontamination services to a mobile unit wearing their JSLIST in real time.

“It is important for Soldiers to understand why we conduct this training because now the CBRN threat is imminent,” said Sgt. 1st Class Mouhamed Dioum, the 25th Sust. Bde. CBRN noncommissioned officer in charge. “Just in the last 90 days, there have been attacks that involved chemical use, so it is pertinent that we protect ourselves by doing this kind of training.”

According to BBC News, a U.S. official stated that, in September, American and coalition forces were believed to be targeted by a “crude” chemical weapon in the Iraq theater, making the training conducted by the 25th Sust. Bde. all the more important.

“I believe that CBRN is at the forefront now,” said Chief Warrant Officer 2 Richard Paukner, a CBRN technician with the 71st Chem. Co., 303rd EOD Bn., 8th MP Bde., 8th TSC. “It has been all over the news and within our missions. Commanders are now making it a forward priority to ensure that their formations are trained and readily available to be called into action.”

Paukner and a team of certified CBRN Soldiers from the 71st Chem. Co. assisted the 25th Sust. Bde. in their training, ensuring that every procedure was performed

Left — Pfc. Timothy A. Leonard, a Soldier with the CBRN defense team, 25th Sust. Bde., 25th ID, waits for the order to don his protective mask Oct. 13, during a decontamination operation exercise.



A member of the 25th Sust. Bde., 25th ID, CBRN defense team sprays the simulated gross contamination off of a Light Medium Tactical Vehicle during a training exercise Oct. 13.

to standard.

“During this training exercise, we came as subject matter experts for an operational decontamination mission set,” said Paukner. “We brought three trained and certified instructors and one water-based platform to supply water for the blivets to help facilitate the operation.”

The expert assistance from 71st Chem. Co. was crucial due to a majority of the Soldiers on the brigade’s decontamination teams are not CBRN Soldiers. With the collaboration from the 71st Chem. Co., the Soldiers were certified to perform CBRN procedures and became confident in performing the operation.

“The CBRN team provides a temporary fix instead of going through the entire

decontamination process,” said Dioum. “This minimizes the threat and gets rid of the gross contamination so that you can continue your mission. Once the mission is finished, then you would go through a total decontamination.”

The decontamination process consists of two main components: removing the bulk of the contamination from the exterior of the unit’s vehicles and exchanging contaminated JSLIST components. Depending on the unit size, the entire operation can be executed in less than two hours.

“This is important to the point where it is time sensitive,” said Dioum. “Just because you were in a chemical attack doesn’t mean that the mission stops. You still have a fight to win.”





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Police Call

Halloween, clinic parking, more addressed

COL. SHANNON-MIKAL LUCAS
Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th MP Bde.,
8th Theater Sustainment Command

This month's Police Call will highlight the crime trends within U.S. Army Garrison-Hawaii, as well as provide information on upcoming construction, Halloween safety tips and information on abandoned vehicles.

Current crime trends
Crimes against persons in the form of domestics, with and without assault, and assault and battery, are trending upwards with 13 incidents in October. There are a number of resources through the Family Advocacy Program for education and classes. Call Army Community Service at (808) 655-4227; for Domestic Violence Victim Advocacy, 24/7, call (808) 624-7233; call Military OneSource at (808) 438-1781 to assist in preventing these occurrences.

Halloween
As Halloween quickly approaches, we'd like to share

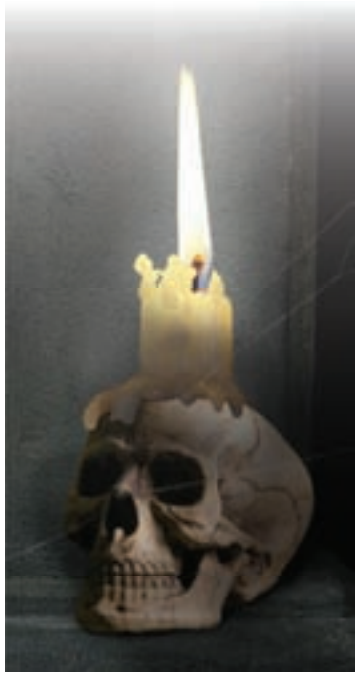
- a few additional safety tips to ensure we keep our children safe.
- Authorized trick-or-treating hours are 5:30 to 9 p.m., so be especially alert for kids during those hours.
 - Children under the age of 10 require an adult escort.
 - Cross the street at corners, using traffic signals and crosswalks.
 - Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
 - Have kids carry glow sticks or flashlights to help them see and be seen by drivers. Military Police on patrols will be handing them out throughout the neighborhoods; however, supplies are limited.
 - Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
 - Tripler Army Medical Center and Schofield Barracks Health Clinic Radiology departments will X-ray candy from 7 to 9 p.m., Oct. 31.
 - MPs will provide additional

walking patrols throughout the housing areas and provide an increased security presence throughout the evening.

Cars, trucks, SUVs
Abandoned vehicles throughout post have increased dramatically, which has created a burden to remove them. The Directorate of Emergency Services is currently working to remove all abandoned and derelict vehicles from post. We ask the community to please report vehicles that have expired registration or that appear to be abandoned as soon as they are noticed. Doing so would allow us to attempt to locate the registered owner prior to leaving the island and to hold them responsible for properly disposing of their vehicle.

Clinic parking garage
Beginning Nov. 1, the U.S. Army Health Clinic-Schofield Barracks will be impacted by the construction of a new parking garage on the clinic's west parking lot on McCornack Road. This construction will impact a large number of patrons as

parking will be limited. We'd like to remind the community that illegally parked vehicles will be cited and/or removed at the owner's expense. Please allow for an extra 10 to 15 minutes to find adequate parking if you have an appointment in the area.



LIGHTNING FORGE



Photo by Staff Sgt. Carlos Davis, 2nd Brigade Combat Team Public Affairs, 25th Infantry Division
WHEELER ARMY AIRFIELD — Soldiers assigned to 2nd Infantry Brigade Combat Team, 25th Infantry Division, attach camouflage netting on the tactical operation center during set-up operations for Lightning Forge, here, Wednesday. Read more about Lightning Forge, next week.

DoD-wide MWR survey seeks feedback from customers

DOD NEWS
Defense Media Activity
WASHINGTON — The Defense Department has launched the 2016 Morale, Welfare and Recreation Customer Satisfaction Survey, officials from the Department of Defense Morale, Welfare, Recreation and Resale Policy Office announced, Tuesday. This is the fourth time the Defense Department has conducted a DoD-wide survey measuring customer satisfaction, officials said, noting that previous MWR surveys were conducted in 2009, 2011 and 2014. Defense leaders said that customer feedback through the survey responses can make a significant difference in MWR programs. For example, they said, improvements in fitness programs and facilities, outdoor recreation programs and single-service-member programs were a direct result of the 2014 MWR survey, so participants can com-

plete the survey knowing their comments are heard.

Voluntary, confidential
“This is your opportunity to submit your feedback on the MWR programs and help improve services designed to enhance you and your family's quality of life,” said Ronald Keohane, deputy assistant secretary of defense for military community and family policy. “Your participation in this survey is voluntary and confidential. We encourage respondents to be candid in their responses.” Respondents will assess their experience with the MWR program overall and with a core set of MWR programs: fitness, sports and athletics, libraries and recreation programs, outdoor recreation, recreation centers, automotive skills, single-service-member programs, swimming pools and leisure travel. MWR programs are also known as “services,” or Marine

Corps Community Services, officials pointed out.

Spouses can now participate
About 200,000 members of the active duty, National Guard and Reserve components were chosen at random to receive the survey, and for the first time, military spouses will also have an opportunity to participate, officials said. “We are excited about the opportunity for spouses to provide feedback regarding their customer satisfaction with MWR programs,” said Kristen McManus, a program analyst with DoD's Morale, Welfare, Recreation, and Resale Policy Office. “To obtain feedback from both service members and spouses, service members are encouraged to complete their individual survey and then forward the email with the spouse survey link, so their spouse can provide feedback, too,” she explained. This year, for the first time,

the survey will be distributed via email through GovDelivery.com. Recipients should be aware that it may be considered spam if they are not aware of the distribution platform, officials said. “We're working with the services to promote awareness of the survey via various communications channels, including social media, McManus said. “Participation by those who are selected as part of the random sample is critical to ensuring that sufficient feedback is received.”

More Details
For general questions about the survey, send an email to osd.mwrsurvey@mail.mil or call (571) 372-5322 or DSN 372-5322. For technical issues when taking the survey, email the CFI Group at CFISupport@cfigroup.com.

Voices of Ohana

The custom of wearing Halloween costumes has historical references as far back as Scotland in 1585. We wondered, “What’s the best cheap Halloween costume you’ve ever worn?” by Capt. Heba Bullock, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

<p>Chief Warrant Officer 2 Keosha Gill HHC, 25th CAB</p> <p>“I got a black dress and put skeleton bones on it.”</p>	<p>Pfc. Chase Hawthorne HHC, 25th CAB</p> <p>“I used some old dirty clothes to make a bum costume.”</p>	<p>Pfc. Christopher Henderson HHC, 25th CAB</p> <p>“I used an old painter’s outfit, old boots and church gloves to be the infamous Mike Meyers.”</p>	<p>Chief Warrant Officer 2 Manuel Isbell HHC, 25th CAB</p> <p>“I wore a Navy uniform, so that I could be Popeye.”</p>	<p>Chief Warrant Officer 4 Betsy Penfield HHC, 25th CAB</p> <p>“I wore a Greek goddess costume for about \$25.”</p>	<p>Sgt. Jamez Scott HHC, 25th CAB</p> <p>“I grabbed a white sheet and went as a ghost before.”</p>
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921st Contracting Battalion activates at Wheeler

Unit holds uncasing and re-stationing ceremony

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — A former Alabama unit has ceremonially joined the U.S. Army Hawaii community after unfurling its colors, Tuesday.

The 921st Contracting Battalion held an Uncasing and Re-Stationing Ceremony at Martinez Physical Fitness Center, here.

The two-year-old unit was activated aboard Wheeler Army Airfield, Oct. 16. It has seven contracting teams working under the battalion, three of which are in Hawaii, two in Alaska and two in Japan.

The battalion’s mission is to provide supplies and services to the 25th Infantry Division and U.S. Army Pacific Command – both in theater and on an expeditionary level.

“This is a significant increase by 100 percent of the brigade’s capacity,” said Col. Patrick J. Badar, commander, 413th Contracting Support Brigade, the parent command of 921st Contracting Bn. “Now we can deploy multiple locations throughout the (area of responsibility).”

Badar emphasized that the AOR encompasses more than 9,000 miles and that the brigade has provided support in missions such as disaster relief and humanitarian assistance.

Before becoming commander of the 413th, Badar previously served as deputy director of Technical Center, U.S. Army Space and Missile Defense Command,



Col. Patrick J. Badar (behind the guidon), commander of 413th Contracting Spt. Bde., and Lt. Col. Daphne H. Austin (in front of the guidon), commander, 921st Contracting Bn., uncasing the colors during the Uncasing and Re-Stationing Ceremony at Martinez Physical Fitness Center aboard Schofield Barracks, Tuesday.

U.S. Army Strategic Command at Redstone Arsenal, Ala.

“This is a historical moment that many of us will recount for years,” said Lt. Col. Daphne H. Austin, the commander of 921st Contracting Bn. “The uncasing of these colors today symbolizes the trust and confidence that Army Contracting Command has placed in the 413th Contracting Bde. and the 921st Contracting Bn.”

Austin recognized the seven teams for their efforts in getting the unit ready by Oct. 16.

“The amount of work and effort invested into this battalion will not go unnoticed,” she said. “That investment will provide a healthy return because the 921st will soon be among the most trained and ready entities in the history of Army Contracting Command. I am looking forward to our future together and watching all of our folks in the battalion soar to new heights. ... That experience for me will be priceless.”

Austin, whose first duty station was Schofield Barracks, has returned after last serving as director of Mission and In-

stallation Contracting Command in Fort Benning, Ga.

Two years ago, the 921st Contracting Bn. first activated in Army Contracting Command, Redstone Arsenal in Huntsville, Ala. It was originally called the 921st Contingency Contracting Bn.

Its insignia bears American red, white and blue, along with numerous symbols, including a Redstone rocket to represent its origins in Alabama.

Three of the unit’s contracting teams were instrumental during deployments in the last two years in the U.S. Central Command’s AOR.

“We’re all very excited to make the transition from Army Contracting Command to be an expeditionary contracting command,” said Maj. Toney Brantley, the battalion S-3 operations officer for 921st Contracting Bn. “We look forward to being a force multiplier to the 25th Infantry Division and other associated USARPAC units.”



Lt. Col. Daphne H. Austin, commander, 921st Contracting Bn., offers remarks during the Uncasing and Re-Stationing Ceremony.

Transition Summit helps military job seekers

‘Now Hiring’ provides varied resources for all

Story and photo by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — What would you say to the person with the power to hire you for your dream job?

Military job seekers spent two days crafting their answers and learning how to get that interview during the Hawaii Transition Summit that concluded Oct. 19.

The summit brought together experts from several organizations to help in the job search, including the Schofield Barracks Transition Assistance Program and Hire Our Heroes, an affiliate of the U.S. Chamber of Commerce.

The event ended with a hiring fair featuring more than 100 different employers, including private businesses and government organizations with global ties.

“This summit is great because (the job seekers) will have contacts on the mainland,” said Mike Bormann, the manager at the Transition Assistance Program, here. “If you’re a Soldier going back to Detroit, you’ll be covered because there’s a representative here from Toyota, and their company operates in Detroit.”

The summit also featured workshops on a variety of topics for transitioning Soldiers, spouses and retirees.

Job seekers from all the armed services, as well as military spouses, could register for the summit. Attendees learned how to create and amend their LinkedIn profiles, format resumes specifically for federal jobs and use strategies for finding employment after leaving the military.

The military job seekers could also network and hear personally from Soldiers and other veterans who have made a successful transition into a civilian career.

Abie Chong, who previously served in



Employment service specialists with the Hawaii Department of Labor and Industrial Relations offer free resume advice to attendees at the Hawaii Transition Summit, Oct. 19.

Now Hiring is a two-part series chronicling the Hawaii Transition Summit held at Schofield Barracks and Wheeler Army Airfield Gulch from Oct. 18-19. Part II features those seeking jobs outside of the military, including transitioning Soldiers and their spouses.

the Air Force, spoke about how he needed to adjust his interview technique when he first transitioned. Chong is now a military programs recruiter for Hilton Worldwide.

Some shared how their job search came with minimal transition time and how important it is to ask for help when needed.

Casey McEuin, who spoke at several of the summit panels, shared his career path after he was injured in Afghanistan in 2011, while still serving in the Army. When his transition came sooner than expected, he initially had a hard time doing well in job interviews and lived out of his Jeep.

McEuin shared with summit attendees how he was like them, but he got hired with Hire Heroes USA at a similar transition summit at Joint Base Lews-McChord in Tacoma, Wash.

“It’s up to you to take charge of your transition; you need to command your-

self through the transition process,” he explained.

McEuin attributes his training as a Soldier and keeping a resilient warrior ethos for his success as he went through his job search. He encouraged attendees to seek out whatever assistance and resources they need for success.

Hearing from transitioned service members was insightful for Air Force Tech. Sgt. Ryan Sofranko, who attended the summit and is transitioning out of the service.

“All of the panel interviews were helpful,” he said. “Everyone on the panel had a broad amount of experience.”

For attendees who have several months of service left, the summit featured great information and practice tips to put into their job search. For example, during the hiring fair, attendees could get a one-on-one review of their resumes from professionals at the Hawaii State

Department of Labor and Industrial Relations.

Jonathan Hogan, a Sailor serving out of Joint Base Pearl Harbor-Hickam, said the summit helped him put the finishing touches on everything he needs for a civilian job interview.

“I’ve been able to polish up my LinkedIn account, and my resume is significantly better today than it was yesterday,” he said. “It’s been really helpful polishing everything up, since I still have some time for planning to get out. I’ve been able to fill in the gaps and catch things that I might have missed to make myself more available for employers.”

Master Sgt. Calvin McCrary, a Soldier with the 8th Theater Sustainment Command, said he recommends to anyone who missed the summit to make use of the resources provided by Schofield’s Transition Assistance Program and Army Community Service Hawaii.

“I’m looking forward to applying what I’ve learned about the interview process,” he said. “I’ve learned how to better show my strengths during the interview process and have confidence for it.”

Job Seeking Resource
Connect at these websites for more career help:

- Hiring Our Heroes, an affiliate of the U.S. Chamber of Commerce, at hireourheroes.org.
- Soldier for Life Program at Schofield Barracks at www.garrison.hawaii.army.mil/transition/default.htm.
- Soldier for Life on Facebook at <https://www.facebook.com/pages/Soldier-For-Life/620824601267813>.
- Employment Readiness Program, Army Community Service Hawaii, at <http://hawaii.armymwr.com/pacific/hawaii/programs/employment-readiness-program>.

White House, DoD salute companies’ commitment to hire spouses

Story and photo by
LISA FERDINANDO
DoD News, Defense Media Activity

WASHINGTON — Employers who hire military spouses are doing the right thing for their businesses – and for the country, speakers at a Department of Defense Military Spouse Employment Partnership event said last week.

By hiring military spouses, employers are promoting stability in military families, which increases the readiness of the force, said Todd A. Weiler, assistant secretary of defense for manpower and reserve affairs.

“You’re getting a loyal and committed workforce, and we’re getting a more stable, a more predictable, a less stressful environment for our families,” he told the employers.

“Debt of gratitude” to families

Dr. Jill Biden, the wife of Vice President Joe Biden, helped to launch the MSEP program in 2011. Speaking at the event, which was held at the U.S. Chamber of



Dr. Jill Biden, wife of Vice President Joe Biden, speaks at a DoD Military Spouse Employment Partnership event in Washington, Oct. 17.

Commerce building, the same location where the program was launched, she said the entire family serves when a member is in the military.

“I believe that we owe those who wear our uniform and their families a debt of gratitude,” she added. “Military spouses are among the most skilled and dedicated members of America’s workforce. That’s

why all of you are here today.”

At the program’s inception, supporters were excited to have 50 partner companies that pledged to increase employment opportunities for military spouses, Biden noted. The number has increased significantly, she said, pointing out that the 50 new inductees bring the total number of partnered companies to 335.

“Since we launched, more than 100,000 military spouses have been hired, and that is truly remarkable,” Biden said,

welcoming the new partners into the program. “Our veterans, service members and their families deserve the very best efforts of each of us, to show them how much we appreciate their service to our country.”

No such thing as “average” spouse

The experiences and makeup of military spouses vary greatly, including

in age, backgrounds, education, career aspirations, family composition and religions, said Ellyn Dunford, the wife of Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff.

“There is no such thing as an average military spouse, nor an average military spouse experience,” she said.

Dunford relayed the challenges of balancing her career as a physical therapist with her family life through more than three decades as a military spouse.

Amid the frequent moves, military families face challenges as a spouse tries to balance a career, including perhaps even being geographically separated to keep a job, she said.

Dunford said the lessons she learned over the decades have helped her in her current role and in advocating for military families.

She applauded the efforts of the MSEP and its partner companies, saying those who hire military spouses are using “their heart and their head.”

Garrison continues to emphasize energy conservation

Story and photos by
SANTIAGO HERNANDEZ
Directorate of Public Works
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — October is Energy Awareness Month.

The Directorate of Public Works, or DPW, asks all units, Soldiers, family members and the civilian workforce to take an opportunity to reflect on their current energy practices and set reduction and efficiency goals for the upcoming fiscal year.

The Army continues to stress energy conservation as the cheapest means to reduce costs.

Here are some easy to follow tips to conserve energy:

- Close all windows and doors for air-conditioned spaces. Set thermostats to 74 degrees Fahrenheit for cooled areas, which is the U.S. Army Garrison-Hawaii standard.
- Turn off window A/C units in unoccupied rooms. Each unit can cost the Army up to \$2,400 for year-round use.
- Turn off lights and heating, ventilation and A/C (HVAC) units – including window A/C units — when they are not in use, particularly during weeknights, weekends, deployments and holidays. Also, aircraft hangar lights are included.
- Unit arms room exterior lights should be on at night; however, they should be off during the daytime.
- Minimize the number of refrigerators and coffee pots. Consolidate usage in offices and organizations.
- Turn off all office and shop equipment, that is, printers, copiers, computers, battery chargers, and shredders, at



Photos show examples of costs per structure in September 2016 of what USAG-HI pays for buildings, on average per month. For example, the garrison pays \$57,749.01 a month for Bldg.1500, at Schofield, above, belonging to 311th Signal Command (Theater).

- the end of the day. During work hours, shut them off, if it's practical, when they are not being used.
- Consolidate rear detachments (personnel administrative areas, work areas, etc.) into as few buildings as possible. Use the least amount of living and working space when possible.
 - Practice full load washing and drying, and turn off utility lights when not in use.
 - Ensure surrounding grounds are watered between the hours of 5 p.m. to 9 a.m. Only water during hours of limited visibility. Sprinklers should be limited to 15 minutes of watering and directed only at green space.
 - Submit work orders for broken doors or glass, non-functioning A/C controls and equipment, broken light timers/sensors and leaking water fixtures.
 - When practical, consolidate trips,



The garrison pays \$76,474.98 a month for 25th Combat Aviation Brigade, Bldg. 102, at Wheeler.



Headquarters and Headquarters Battalion, 25th Infantry Division, Bldg. 3004, at Schofield, costs \$23,678.82 a month.

- that is, carpool. Walk or ride a bike, when practical.
- Shut off vehicles when not in use; these include GSA TMP/NTV and tactical vehicles.
- Whether you are a Soldier, family member, civilian employee or a military retiree using USAG-HI installation privileges, everyone is responsible for conserving energy and water.
- The days of excessive cheap energy are gone. In order to secure tomorrow's energy resources and sustain a resilient,

More Online

Get additional tips online at <https://www.hawaii.electric.com/save-energy-and-money/household-tips-and-resources>.

Learn more about Army efforts at www.army.mil/standto/archive_2016-10-24/?s_cid=standto.

Points of Contact

Waste and abuse should not be tolerated. Report waste and abuse to the DPW Help Desk at (808) 656-1275 or the DPW energy conservation manager at (808) 656-3289 (office) or (808) 864-1079 (cell).

Energy theft should immediately be reported to the Military Police. Call 656-7114 (North Oahu) or 438-7114 (South Oahu).



The Noncommissioned Officer Academy, East Range, costs \$18,871 a month.

world-class Army, we must start conserving energy today.

It is easy to join the movement. Just turn it off when not in use!

Asst. Sec. of Army and Lt. Gen. aim for us to enhance readiness

October is Energy Action Month.

This year's theme is "Building Resiliency to Enhance Readiness."

Resiliency is essential for a responsive Army Force posture and an effective network of installations and capabilities at home and abroad.

Maintaining our tactical and strategic edge heavily depends upon the wise use of natural resources.

The Energy Security and Sustainability (ES²) Strategy characterizes the critical role of energy, water and land resources as mission enablers. The five ES² strategy goals shape our energy efforts.

1) Inform Decisions. The wise use of energy improves mission effectiveness, preserves future choice and is the responsibility of every Soldier and civilian.

We are incorporating energy perspectives into our plans and processes, educating and training our Soldiers and employees, and leading by example.

2) Optimize Use. The Army community must optimize the use of resources by decreasing demand and increasing efficiency. Due to the Army's dedication and hard work, we are leading the federal government in the use of energy savings performance contracts – the innovation and funding from the private sector – to reduce energy consumption and increase facility energy resilience.

3) Assure Access. We must continue to ensure that mission essential and supporting assets are available and secure by pursuing options to diversify and expand resource supplies, by maximizing flex-

ibility in system design and use, and by reducing vulnerability and risk.

4) Build Resiliency. We are enhancing energy security through implementation of large-scale renewable projects and improving the cybersecurity of these assets. The ability to respond to unforeseen disruptions and quickly recover is crucial.

5) Drive Innovation. We commit to continually seeking out technological and doctrinal innovations striving to link innovations to effective resource use to maximize our capabilities. Every day our scientists, engineers and planners are using their expertise to improve Army operational effectiveness and develop sustainable, resilient solutions.

During the month of October, each

Soldier, civilian and family member can contribute to these goals and ensure we safeguard sustainability and increase resiliency at home and on the battlefield.

Renew your commitment to energy security. This will help build our resiliency and enhance our readiness.



Under Secretary of Defense commends actions of armed services

As an enabler of military capability, energy is a priority issue for the department. We must ensure we use energy as effectively and efficiently as possible to reduce the costs of operating our installations and increase our ability to project and sustain power worldwide.

As such, the department has been and will remain a pioneer in the provision and utilization of energy in support of the nation's security.

I am proud of the accomplishments we have made over the past several years. Noteworthy examples include the Army and Marine Corps' use of more efficient batteries to reduce the total load of dis-

mounted troops, the Navy's use of hybrid electric propulsion systems, and the Air Force's optimization of flight profiles and procedures, as well as advanced propulsion systems. These are enhancing our ability to sustain deployed forces today and in the future.

Here at home, the department has made great progress in improving the energy efficiency of our facilities, lowering energy consumption by more than 10 percent since 2009, and helping the department avoid more than \$1.2 billion in operating costs.

We have deployed over 800 megawatts of renewable energy across our installa-

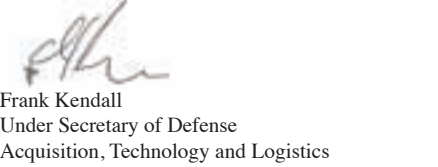
tions and continue to improve the energy resilience of our military bases.

As part of Energy Action Month, we will showcase several Light Emitting Diode pilot projects at the Pentagon to demonstrate how this technology can improve lighting efficiency and quality while reducing energy consumption and cost.

In cooperation with the Department of Energy, we also are sponsoring several webinars on microgrids and other topics of interest to the defense energy community. For additional details, please visit www.acq.osd.mil/eie/OE/OE_EAM.html.

We must remain mindful that energy action equals mission success, and our nation expects mission success every day. In turn, I expect you to make energy action a part of all you do, each and every day.

Thank you in advance of your support of and participation in Energy Action Month activities at our military installations.



Frank Kendall
Under Secretary of Defense
Acquisition, Technology and Logistics

Sea Dragon 6 and 7 are different, yet similar

SGT. KIMBERLY K. MENZIES
94th Army Air and Missile Defense Command
Public Affairs

JOINT BASE PEARL HARBOR-HICK-AM — Being a service member is not an easy occupation.

Ask anyone familiar with the military, and they are able to share tales of sacrifices and struggles.

The lesser-shared stories are those of how new families and lifelong friendships are built and fostered.

Military families must remain flexible and constantly adapt to unexpected and sometimes difficult changes, but in the end, some of these changes bring new and interesting family and friends into our lives.

This summer, the Sea Dragon ohana was faced with a change to its leadership as they bid farewell to the Dodson and Sanchez families and welcomed the Foley and Gainey families.

What could be better than adding to your family and building new friendships?

When Brig. Gen. Sean A. Gainey and Command Sgt. Maj. John W. Foley, and their families, were officially welcomed to the command, Soldiers read their command bios and whispered among themselves, sharing stories of who “they are.” Yet, with their hectic schedules, frequent travel and the elevated missile threats, no one has really had an opportunity to truly get to know them.

That time is now.

“I was an Air Force brat and was actually born on an Air Force base about four years before my dad retired from the service,” shared Foley, the new command sergeant major for the 94th Army Air and Missile Defense Command, here.

Foley, assumed responsibility for the 94th AAMDC from Command Sgt. Maj. Finis A. Dodson, the previous 94th AAMDC senior enlisted leader, during a change of responsibility ceremony, May 16, at the historic Palm Circle at Fort Shafter.

“The first few years of my life, we were a military family, so we always lived in and or around Air Force bases, just because it was natural, due to my father being retired Air Force.”

Gainey, the commanding general of the 94th AAMDC, who assumed command, Aug. 5, had a similar response when asked about where he grew up.



Photo by Maj. Troy S. Frey, 94th Army Air and Missile Defense Command Public Affairs
Brig. Gen. Sean A. Gainey and Command Sgt. Maj. John W. Foley, the new command duo with the 94th AAMDC, pose together for a photo prior to a reception following Gainey’s, Aug. 5, change of command ceremony.

“It is really difficult to claim anyone place because we were a military family and as such traveled a lot,” he said.

Many Soldiers join the Army to get away and try something new, and Foley is no different.

“Growing up in a military family, my dad was pretty strict,” said Foley. “I went to school, and martial arts was my extracurricular activity until I joined the Army.”

Other than school and martial arts, Foley did some odd jobs like cutting grass as he grew older. The first 17 years of his life was a routine existence.

“I was home on time, I did my homework, and I went to karate and came back. That was the way it was for the first 17 years,” shared Foley. “As soon as I turned 17, I joined the Army. No kidding; I was 17 years and 40 days old, and I joined through the delayed entry program. I wanted to get away. As soon as I graduated, two weeks later, I shipped to basic training and never looked back.”

Gainey was familiar with the military and knew he wanted to be a leader at an early age.

“I was very fortunate to come from a military family where my parents instilled the core values of family, discipline, respect and hard work in my four siblings and myself,” explained Gainey. “We were always involved in sports: football, baseball, wrestling. No matter how

well we did in sports, though, when we were done, we still had chores to do at home.

“At an early age, watching my father lead as a noncommissioned officer, I became familiar with the aspects of the military life, like the teamwork. I was accustomed to the travel, and really enjoyed it, and I knew from being involved in sports that I enjoyed being a leader,” Gainey explained.

During high school, he thought about joining the Junior Reserve Officers’ Training Corps, but decided against it, because his school only had a Naval JROTC program and he wanted to experience college life.

“I was determined to have the college experience, and I was recruited by Georgia Southern (to play football). Everything changed. We started winning championships, and I was misorienting

my priorities. In college, you are on your own,” Gainey said. “Time management is important, but enforcement (of time management) is a lot looser. Football becomes your life. You go to two or three classes a day, and then everything else is football, football, football, football. It almost engulfed me.”

Realizing his priorities had to change, Gainey decided to take another look at the ROTC program.

“In my sophomore year, I started to figure out pretty quickly that being successful in sports outside of college is very difficult. I realized that I probably wouldn’t be able to play professional athletics after college and needed to figure out what I really wanted to do,” he said. “That is when I looked back into ROTC. I took some classes through the program and I was hooked. Balancing all my class work with sports and ROTC was tough, but well worth it when I commissioned as a second lieutenant.”

Even though they are different from each other, Gainey and Foley learned similar lessons, which have shaped them into the leaders they are today.

“My first assignment out of AIT (Advanced Individual Training) was to a new air defense unit in its infancy,” shared Foley. “I didn’t have the best leaders in that organization to train and mentor me, but it helped me grow a little bit because I realized I had to get myself squared away. So, even with poor leadership, I still tried to make the best of it. I was always on time, I was in the right uniform, my boots were always shined and I worked hard.”

However, Foley was not immune to the follies of being a private.

(Editor’s note: Learn more about the commander and command sergeant major of 94th AAMDC at the “Hawaii Army Weekly” online. Visit www.hawaiiarmyweekly.com.)

C-17: TF Raider leaves for PTA

CONTINUED FROM A-1

rapid deployability of the UAVs while the unit is on a CRF mission.

“Once we’re actually there on ground, we’ll be doing a lot of variety of reconnaissance tasks for the exercise,” she said, “whether that’s target acquisition or area security or screening zone reconnaissance. I’ll also be on training call for fire missions as well.”

The movement of troops and equipment wasn’t just a benefit for the Army, but for the Air Force as well.

“Joint training with the Army and Air Force in support of Lightning Forge 17 allows both Soldiers and Airmen a great training opportunity,” said Warrant Officer 1 Miguel Flores, mobility officer,

Headquarters and Headquarters Company, 3rd BCT. “It is important for the Air Force to stay proficient at flying in and out of Wheeler Army Airfield. The challenging airfield gives the Air Force great training value and allows 3rd BCT to stay ready for contingency operations.”

Flores worked with Air Force personnel to overcome obstacles to make the mission a success.

“Meeting the Air Force standards to move Soldiers and equipment is always a challenge,” he said. “The more we conduct joint training in Oahu, the less complicated it will be for everyone.”

Overall, the movement proved a success as TF Raider made it to PTA safely, with the Army and Air Force looking forward to future training missions out of Wheeler.

“They are always looking for valuable training opportunities with the Army,” he added. “The more complex the air load plans, the better the training is for everyone.”



Chief Warrant Officer 2 Eli Samuel Quiñones (left), tactical unmanned aerial systems (TUAS) operations technician, 29th BEB, 3rd BCT, 25th ID, and Tech Sgt. Terry Greenwood, a C-17 aircrew member assigned to the 535th Airlift Squadron, 15th Wing, push a pallet into place aboard a C-17, on Monday.



28 / Friday

Evacuation Drill — Motorists should be alert and prepared to stop about designated locations in the vicinity of Wheeler Middle and Elementary School from 8:30 to 10:30 a.m., this morning, when the school is conducting its annual evacuation drill to test evacuation plans for students and teachers.

Cybersecurity — October is Army Cybersecurity Awareness Month, an annual campaign to increase awareness of cybersecurity practices that help improve the overall Army security posture.

Learn more about what’s being done at https://www.army.mil/standto/archive_2016-10-04/?s_cid=standto.

VERA/VSIP — Civilian garrison employees considering Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay should take a survey by Nov. 1 to determine their interest. Call 656-1680 for details.

ESD Survey — The Education Services Division’s is conducting an educational needs assessment survey to determine if its programs and services are meeting the needs of its customers at the Schofield Barracks and Fort Shafter/Tripler Education Complex.

The survey can be completed in approximately 15 minutes at <https://ssl.cac.hqda.pentagon.mil/Checkbox/Survey.aspx?s=38886bb44edb49af9e497c635997101f>. This survey is CAC-enabled.

31 / Monday

Halloween — Trick-or-treat (and trunk-or-treat) hours will be 5:30-9 p.m. See the events taking place in areas on p. B-3 and on Garrison’s Facebook.

November

1 / Tuesday

HSO — The Housing Services Office, Schofield Barracks, will be closed today at 11 a.m. for an official function. It will reopen for business at 8 a.m., Wednesday, Nov. 2.

2 / Wednesday

CIE — Soldiers, civilians and families are invited to the Community Information Exchange at 9-10:30 a.m., at the Nehelani, Schofield Barracks.

Learn what’s happening on installations the next three months and ask subject matter experts your questions about services and programs.

3 / Thursday

FS Library — New computer furniture will be installed in the Fort Shafter Library on Nov. 3-4, so computers will not be available for public use on those days. Alternate libraries are Salt Lake, Joint Base Pearl Harbor-Hickam and Schofield.



29 / Saturday

Schofield Outage #2 — The west side of Schofield Barracks will be without power, 7 a.m.-5 p.m., for upgrades to the electrical substation. Please note, this time frame is a best guest estimate.

The Directorate of Public Works is mindful of the impact of outages on residents and food supplies. Residents should turn off electrical items to prevent a power surge. If an outage goes beyond the prescribed time by one hour, call your community center for updates.

November

7 / Monday

Kolekole Avenue — Lane closures, in and

outbound on Kolekole Avenue between Devol Street and the Post Office for Quad B barracks renovation project. Construction will be in two phases from 8 a.m.-3 p.m., finally ending Dec. 23.

Ongoing

Kolekole — Partial lane closures at Kolekole Avenue from Cadet Sheridan to Humphreys roads, from 8:30 a.m.-4:30 p.m., through Oct. 31, in order to repave the road.

Aliamanu Military Reservation Lane Closure — Partial lane closures for soil sampling along the westbound lane of Aliamanu Drive, 8:30 a.m.-3:30 p.m., until Nov. 2. Traffic will be contra flowed into the eastbound lane. Additional phases occur consecutively; no more than one lane closure at any time.

Airdrome Road — David Boland, Inc. and Keeno Farms continue one-

lane road closures along Airdrome Road from the sewage treatment plant to the flight simulator for the installation of a new sanitary sewer lines, until Dec. 31, from 8 a.m.-3:30 p.m., weekdays.

Schofield Road Closure — A road closure, 8:15 a.m.-2:30 p.m., at Waianae Ave (South Corridor) between Generals Loop and Jecelin Street to resurface road and landscape work related to the Quad B barracks renovation. Waianae (North) between Generals Loop and Jecelin Street will be designated for two-way traffic during this closure.

Phases should conclude Dec. 9. The existing traffic flow will be restored to the original configuration during nonworking hours.

Wisser — Road closures, weekdays, 8:30 a.m.-5:30 p.m., until Nov. 18, at Shafter’s Wisser Road between 7th Street and Arsenal Road to install a water main line.



Photo by Sgt. Todd Gerlach, 25th Infantry Division Band
Above — HANA, Maui — The Army Music Hawaii Marching Band performs for members of the Hana, Maui, community after the Festivals of Aloha Parade.

Left — The AMH Marching Band travels down the road in the Festivals of Aloha Parade, Oct. 8.

‘Sappers’ hold ceremony to observe Hispanic Heritage Month

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — America’s diversity has been one of our nation’s greatest strengths since it was founded.

Hispanic-Americans have long played an integral role in America’s rich culture and proud heritage.

The 130th Engineer Brigade, 8th Theater Sustainment Command, hosted a ceremony, Oct. 14, at the 25th Sustainment Brigade Dining Facility, here, to honor Hispanic-Americans who have helped shape America into the nation that it is today.

National Hispanic Heritage Month is observed annually from Sept. 15 to Oct. 15 to celebrate the contribution of American citizens whose ancestors originated from Spain, Mexico, Central America and South America.

“Hispanics have helped shape this nation,” said Lt. Col. Alberto Rodriguez, the chief of knowledge management for U.S. Army-Pacific and guest speaker for the event.

“This year’s theme is Embracing, Enriching and Enabling America,” Rodriguez said. “Hispanics, like many other people, embrace the idea of this



Col. Danielle Ngo, commander of the 130th Eng. Bde., 8th TSC, speaks at an event to honor and observe Hispanic Heritage Month, Oct. 14, at 25th Sust. Bde. Dining Facility on Schofield Barracks.

nation. We believe in self-determination, in liberty and the pursuit of happiness.

“We not only embrace these values; we also enrich (them) with our culture, with our traditions, with our beliefs, with our work ethics, with our ideals,” Rodriguez added. “Hispanics made contributions in many fields that enabled the greatness

of this nation.”

Some of the Hispanic-Americans who were recognized during the ceremony for their contributions include physicist Luis Walter Alvarez, Mexican American musician Ritchie Valens, Korean War pilot Capt. Manuel Fernandez, Nobel Peace Prize winner Severo Ochoa and

Congressional Medal of Honor awardee Master Sgt. Roy Benavidez.

“We serve in so many capacities as members of the armed forces defending American liberties, as teachers and mentors in schools and communities, operators, business owners, religious leaders, serving in the Supreme Court and also Congress,” Rodriguez said.

Hispanic-American Soldiers currently serving in the Army continue a legacy of professionalism, selfless service, dignity and respect, epitomizing the Army’s ability to seek out, access, develop and fully utilize the individual talents and backgrounds of our Soldiers.

“Days like today make me very proud to be an American,” said Col. Danielle Ngo, commander of the 130th Eng. Bde. “We are one of the greatest nations on this planet because we have so many diverse people, and we grow and build as part of a bigger team.”

The U.S. Army strongly embraces diversity as a way to create a system that maximizes individual talents, increases morale and greatly enhances military effectiveness.

Hispanic-American Soldiers’ personal experience, sense of family and duty-bound honor are an important part of the Army team.



Members of Headquarters and Headquarters Battalion, DIVARTY, 25th Infantry Division, display towels sharing domestic violence awareness information following the DVAM run, Oct. 21.

Preventing domestic violence can't be overemphasized

FAMILY ADVOCACY PROGRAM
Army Community Service
SCHOFIELD BARRACKS — Since 1987, October has been observed across the nation as Domestic Violence Awareness Month, or DVAM.

Each October, the Family Advocacy Program (FAP) and Army Community Service (ACS) coordinate various events to remind Soldiers and family members about the dynamics and prevalence of domestic violence, as well as to raise awareness about available resources in the community.

DVAM run
For the fourth year in a row, one of the highlights of the month-long effort has been the DVAM 5K Run/Walk.

Carolyn Bryant, a FAP specialist with ACS, collaborated this year's effort with Chief Warrant Officer 2 Travon Crouchet of the U.S. Army Hawaii Sgt. Audie Murphy Club (SAMC).

"This is important to me because I have several family members that have experienced DV firsthand," said Crouchet, who also described a commonality among victims in the belief that they somehow caused, or deserve, the situation they are in.

Crouchet continued, "Since DV hits home for me, I wanted to take this opportunity to get the word out."

Bryant stated, "It is great to see the number of units and individual family members who come out to support each year because this is an issue that continues to impact our community."

The 5-kilometer (3.2 miles) route started and finished at Hamilton Field, here, in the heart of the post.

Opening remarks were provided by one of ACS's victim advocates, Linda Narvaez, who provided the theme for this year's run: "We Run So They Don't Have To."

Lisa Brown, a nurse with the New Parent Support Program, read a poem entitled "Remember My Name."

Before the run/walk, Chaplain (Maj.) Denise Hagler offered an opening prayer for the victims, their families and all of the participants involved in making the event possible.

Miss Hawaii USA 2016, Chelsea Hardin, was on hand to congratulate the top finishers.

Prizes were awarded for the top three male and female runners, as well as the most motivated units.

DV stats
The statistics of DV suggest that as many as one-third of all women, and one-fourth of all men, will have been affected by physical violence by an intimate partner within their lifetime. Approximately 75 percent of women who are killed by their batterers are murdered when they attempt to leave or after they have left an abusive relationship.

In an effort to bring these types of statistics to the forefront, as well as to increase empathy, placards were held by volunteers along the route with statements such as "If you tell anyone my career will be ruined" and "I promise I'll stop."

"It is important to understand the dynamics of domestic violence and that it is not confined to only physical abuse. This increased awareness allows it to be more recognizable and may encourage bystanders to intervene before the abuse escalates," said Bryant.



Miss Hawaii USA, Chelsea Hardin, left, greets all finishers at the DVAM run.

Victim Advocacy Program
The Army Victim Advocacy Program is available 24 hours a day, 7 days a week, and victim advocates can answer questions posed by any concerned community member regarding crisis intervention, safety planning, emotional support and information, and referral for military and civilian resources.

They also have the ability to take a restricted report from an adult, which allows them to receive medical treatment, advocacy and counseling without initiating an official investigation (to include law enforcement) or command involvement.

Start becoming knowledgeable about available resources and support within military and civilian communities. It is important to never minimize or ignore an unhealthy situation or assume that things will work themselves out.

Consider the following when determining healthy relationships:

- Relationships require mutual trust and loyalty** in order to feel safe. Feeling physically and emotionally safe in a relationship is crucial.
- Relationships require mutual respect.** Treating your partner with dignity

and respect is fundamental to a healthy relationship.

- Relationships should be positive.** Encourage each other to be a positive role model for your children. Children learn about relationships by watching the people they know best.

"Domestic violence is happening all around us. It's real and we can help stop the violence.

It's everyone's responsibility to create a positive climate of respect and safety within the Army family," said Crouchet.

To assist someone in a domestic violence situation, call local law enforcement. For off-post incidents, call the Honolulu Police Department (HPD) at 911 or 529-3111. For on-post incidents, call the Military Police (MPs) at 655-7114 (North Oahu) or 438-7114 (South Oahu).

(Editor's note: ACS is part of the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.)

Top Male Finishers
1st, Spc. Lee, 2-35th Inf.
2nd, Sgt. Jones, HHB DIVARTY
3rd, 1st Lt. Martinelli, USAHC-SB

Top Female Finishers
1st, 2nd Lt. King, 65th BEB
2nd, Danielle Johnston
3rd Col. Teyhen, USAHC-SB

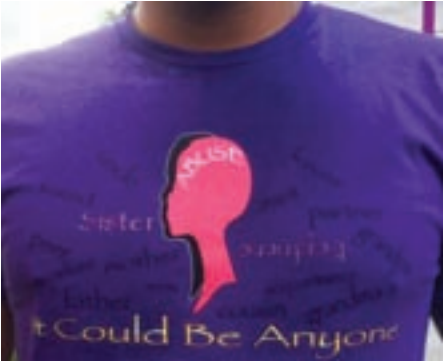
Most Motivated Units
1st, HHC Sapper, 84th Eng.
2nd, B Co., 95th BEB
3rd, B Co., 65th BEB

Best Overall Unit
HHC 25th Sust.

Victim Advocacy
The Army Victim Advocacy Program is available 24 hours a day, 7 days a week, at 808-624-SAFE (7233).

Resources
The Army has many resources available to help Soldiers and families deal with various stressors, such as finances, isolation and parenting. In addition to offering commanders' briefs (unit leadership) and annual training (Soldiers and civilians), the FAP offers free, voluntary classes in parenting, stress, anger, conflict and weekly Play Mornings. For more details about available resources and classes at ACS, call 655-4227.

- Calendars and class schedules are available at HIMWR.com/ACS.
- Local, off-post resources include the Hawaii State Coalition Against Domestic Violence (HSCADV), which can be reached at 832-9316. Resources, shelter and training information are available at www.hscadv.org.
- The Domestic Violence Action Center (DVAC) offers crisis support and information and referral. Call 531-3771 and/or visit www.domesticviolenceactioncenter.org/.
- The National Coalition against Domestic Violence (NCADV) hotline is 1-800-799-7233.



Creating awareness through a variety of ways, including T-shirts, gives domestic violence a reality.



Members of HHB, DIVARTY, join an estimated 18-hundred participants in an effort to heighten awareness on the issue of domestic violence, Oct. 21.



Volunteers share signs with elements of the "circle of violence," along the run route, as an awareness reminder of typical domestic violence phases.



Briefs

28 / Friday

Using LinkedIn & Social Media — Build your network by utilizing social media and develop your LinkedIn profile at SB ACS from 10-11 a.m. to net a job.

Hawaiian Luau Buffet — Both SB Kolekole Bar & Grill and FS Hale Ikena feature a delicious Hawaiian Feast for only \$14.95 on the final Friday of each month. Call 655-4466.

Buck-a-Burger Night — Buy a burger for \$1 at FS Mulligan’s from 3:30-8 p.m. Call 438-1974.

Magic the Gathering — Bring your cards, friends and join SB Tropics every Friday night at 6 p.m. Call 655-5698.

Leilehua Concert Series — Monthly concert with local entertainers at Leilehua Golf Course, 5 p.m. This month features Mark Yamanaka. No cover charge. Call 655-7131.

Paint and Sip — Grab a glass, an apron and a seat in the SB Tropics Ono Room, Bldg. 589, Foote Avenue, at 7 p.m. A local artist will instruct you through an original piece of art. All materials are supplied. All skill levels welcome. Includes two hours of instruction for \$35/person, which is nonrefundable. To register, call 655-4202.

29 / Saturday

Dungeons & Dragons — It’s an open-ended role-playing game. Participants are seated around a tabletop; each player controls only a single character, which represents an individual in a fictional setting. The only items required to play the game are polyhedral dice, and if you wish, bring in your miniature figures. It’s every Saturday in October at 6 p.m. SB Tropics is located at Foote Avenue, Bldg. 589. Call 655-5698.

Slam the Door Open Mic Night — Every Saturday at SB Tropics, 7 p.m., enjoy a night of poetry, short fiction readings, acoustic music performances, dance crews, magicians and rap – or tell a joke. To perform or sign-up, call 655-5698.

Bull Ride — Take a ride every Saturday in October at 8 p.m. at the SB Tropics Recreation Center. Call 655-5698.

30 / Sunday

NFL Sunday Ticket at Tropics —

VOLUNTEER RECOGNITION



Photo courtesy of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS —Maj. Gen. Christopher G. Cavoli, senior commander, U.S. Army Hawaii, joins recipients who are recognized for their volunteer service at the quarterly Na Koa Awards held Tuesday at the Nehelani, here.



Photo by Christine Cabalo, Oahu Publications

Erin McNamara is bestowed the Na Koa Bronze Award recognizing her volunteer work from Maj. Gen. Christopher Cavoli, senior commander, U.S. Army Hawaii.

Every Sunday at SB Tropics, Bldg. 589, Foote Avenue. Watch your favorite teams go head to head. Doors open 30 minutes before the first game. Be sure to check out the Sunday breakfast menu. Call 655-5698.

Sunday Brunch — Enjoy Sunday Brunch Buffet at the FS Hale Ikena, Bldg. 711, Morton Drive, from 10 a.m.-1 p.m. for \$24.95/person. Reservations encouraged. Call 438-1974.

31 / Monday
Make your Own Sundae Monday — The dessert station at the FS Hale Ikena’s Grand Buffet will offer you the chance to build your own ice cream sundae, so make room for dessert at the same grand price of \$14.95 for the Grand Buffet. Call 438-1974.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave., from 5-8 p.m. Call 655-4466.

Pau Hana Social — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

November

1 / Tuesday
Resiliency through Art — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

Chess at SB Tropics — Play chess

every Tuesday at 11 a.m. and take part in one-on-one and team challenges. Interested in forming a team? Call 655-5698.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

Taco Tuesday Night — Every Tuesday come to the SB Kolekole Bar & Grill for Taco Tuesday Night. Enjoy three tacos, rice and beans for only \$4.99/person from 5-8 p.m. Call 655-4466.

2 / Wednesday
SAFER Group — This discreet group meets weekly to explore issues such as self-esteem, self-care, safety planning and understanding abuse at SB ACS from 9 a.m.-10:15 a.m. Call 655-4227.

Resume Lab — This two-day lab is reserved for job seekers who have attended an Employment Readiness Program Resume Workshop or who need to update an existing resume. Staff will provide hands-on assistance, 9 a.m.-12 noon, at SB ACS. Bring your personal computer. WiFi and limited computers available. Call 655-4227 to register.

Ceramic Turkeys — Paint and glaze a ceramic turkey during normal business hours at SB Arts & Crafts Center from Nov. 2-16. Prices vary by size (\$5-\$20). Visit at 919 Humphreys Road. Call 655-4202.

Preschool Story Time — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

See BRIEFS B-5



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Hiking — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday.

29 / Saturday

Garth Brooks Concert
Tickets — An additional show with superstars Garth Brooks and special guest Trisha Yearwood, in support of the 75th Commemoration of the Attack on Pearl Harbor, is added for 8 p.m., Dec. 9 in addition to two shows Dec. 10 at the NBC Arena. Tickets are available for the Dec. 9 show on Oct. 29 at 10 a.m. Tickets can only be purchased at ticketmaster.com/garthbrooks or ticketmaster.com or either Ticketmaster Express

1-866-448-7849 or 1-800-745-3000 with a limit of eight tickets per purchase. All tickets will cost \$69, plus a \$6.25 service fee.

Hawaii Fish & Dive Expo — More than 100 diving, fishing, boating and outdoor lifestyle vendors will populate the Blaisdell Exhibition Hall, Saturday, noon-5 p.m. and Sunday, 9 a.m.-4 p.m. Visit www.fishdiveexpo.com.

Symphony of Star Trek — Hawaii Symphony Orchestra kicks off the “Music-thatPOPS” season with “Star Trek: The Ultimate Voyage” performance, 7:30 p.m., at the Blaisdell Concert Hall. Clips from various “Star Trek” series and films will be projected on the big screen while you enjoy the music and boldly go where no man, has gone before! Families are welcome and costumes are encouraged. Military tickets available with valid ID for \$20. Online tickets at www.ticketmaster.com.

30 / Sunday

Hawaii Symphony Orchestra — Holst’s “The Planets,” a multimedia experience, is the featured piece of the 4 p.m. performance featuring acclaimed violinist Ray Chen at the Neal

Blaisdell Concert Hall. Military tickets are \$20 with ID; get them at the Blaisdell Box Office.

31 / Monday

Halloween — On-post trick or treating will be from 5:30 to 9 p.m. on Monday, Oct. 31.

November

1 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held Wednesdays at 5:30 p.m.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

4 / Friday

Comedian Ron White —

Blue Collar Comedy Tour star “Tater Salad” White takes the stage at the Blaisdell Concert Hall, 8 p.m. Tickets begin at \$35.

5 / Saturday

Taste of Waipahu — Waipahu Community Association hosts its 11th annual free event, 4-10 p.m., at August Ahrens Elementary School, Tucker Field. A wide variety of food vendors, crafts, keiki rides and games available. Visit www.wcawaipahu.org/.

11 / Friday

Veteran’s Day Sunset Ceremony — Battleship Missouri Memorial honors Filipino veterans of World War II with a 4:30 p.m. ceremony on the fantail. Free and open to the public. Keynote speaker is U.S. Sen. Mazie Hirono. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center. Visit USSMissouri.org.

12 / Saturday

Moonlight Paddling — Turtle Bay Resort has launched a brand-new Full Moon Paddle within the calm waters of protected Kawela Bay on a one-hour tour around Kawela Bay on a stand-up paddleboard, Nov. 12 and Dec. 11. Also offered are outrigger canoe 30-minute rides. Call (808) 293-6020.



Bridget Jones’s Baby (R)

Fri., Oct. 28, 7 p.m.

Conjuring 2 (R)

Sat., Oct. 29, 4 p.m.

Blair Witch (R)

Sat., Oct. 29, 7 p.m.



Queen of Katwe (PG)

Sun., Oct. 30, 5 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare	and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks SKIES: Schools of Knowledge,	Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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SB leaders, educators strengthen partnership

Story and photo by
CHRISTINE CABALO
Staff Writer

WAHIAWA — School was in session for Army leaders and Hawaii educators during the School Partnership Program Meet and Greet at Leilehua High School, here, Oct. 21.

The recurring event gives Hawaii’s school principals, administrators and military liaisons the chance to discuss their outreach partnerships with senior Army leaders.

For more than 10 years, Soldiers have mentored Hawaii students, assisted in their physical fitness programs and provided volunteer support to local schools.

“The Army is pretty serious about education,” said Maj. Gen. Christopher Cavoli, senior commander for U.S. Army Hawaii. “We’re committed to education, all through our careers, sending back Soldiers to learn, back to their military schools for their jobs. ... We are finely tuned to the appreciation of education.”

Partnering

There are 44 schools on Oahu and eight on the Big Island who have formal partnerships with USARHAW units.

Although Hawaii school staff regularly meet with their individual Army partners, the recent event brought all of the key Army and Hawaii Department of Education personnel together at once.

Army and civilian personnel divided into four groups, switching between the smaller groups to meet key leaders out-



Tom Yamamoto, the vice principal at Iliahi Elementary School, speaks to Maj. Gen. Christopher Cavoli, senior commander, USARHAW, during the School Partnership Program Meet and Greet, Oct. 21.

side of their individual school partnerships.

The personal setting gave the educators a chance to directly speak to senior Army leaders, including Cavoli, and Col. Stephen Dawson and Command Sgt. Maj. Lisa Piette-Edwards, the commander and command sergeant major of U.S. Army Garrison-Hawaii.

School staff from Wahiawa and the surrounding area, near USAG-HI, could also answer any questions Army leaders had about their schools. The principals represented schools that have as many as 99 percent of students with parents serving in the Army.

Tom Yamamoto, the vice principal at Iliahi Elementary School in Wahiawa, said he appreciated having time to meet the senior Army leaders. While his school is the farthest away from USAG-HI, there are still Soldiers who make an individual effort to regularly volunteer for his students. He said he was glad to have time to talk with the senior Army command.

Strengthening partnerships

“We’re grateful they could come out,” Yamamoto said. “They were really eager to hear directly from the community about what they could be doing for their

individual schools and what services they could provide.

“It’s also important for them to know how we are open to provide services to them, too,” Yamamoto explained. “(For example,) our school has an ukulele class available for performances for their events, so it’s not a one-sided relationship.”

Troy Tamara, the principal of Wheeler Elementary School, said the meet and greet helped him put faces to names.

For some of the long-time Hawaii principals, it was their first opportunity to meet Cavoli in person since he took command.

“Listening to the new general allowed us to see his vision for the military and the partners present, so that we can keep continuing this relationship for many years to come,” said Garrett Yukumoto, principal, Iliahi Elementary School. “It was a good look forward to how they can help students, but also how we can help them.”

Both Army leaders and Hawaii educators said they are committed to working together to solve common problems. Cavoli pledged his assistance in using formal and informal means to meet student needs.

“I encourage you to fully explore the partnerships you have with your units,” Cavoli said. “Meet with the command senior (noncommissioned officers in charge), and I ask you to explore relationships. The Army is good at rolling up our sleeves to get the job done.”

Trick or treat? Military mom sees aging candy gatherers

A few Halloweens ago, I was sitting on the porch of my privatized housing at Naval Station Mayport, giving candy to trick-or-treaters on our street.

My husband went door to door with our kids, while I stayed home and tried to not gorge myself on Heath bars.

For the most part, the ghouls, goblins and princesses were what you’d expect on Halloween night: ages 4 to 14 wearing tennis shoes under their costume and taking three candies when they were supposed to take only two.

How old?

However, there were some unconventional trick-or-treaters, too: post-pubescent teens who were taller than me and shaved regularly, and first-time parents pushing infants dressed as pea pods and pirates in strollers, who took candy despite the obvious fact that their babies had no teeth.

I couldn’t help but wonder, “Has Halloween become a sugar-coated free-for-all? And if it has, does anyone really care?”

Apparently, some do.

Anyone care?

Several cities in Illinois, Maryland, Mississippi, Virginia and South Carolina have felt strongly enough to enact laws limiting the age one can trick-or-treat on Halloween night.

And a survey conducted last year by the American Association of Retired



Persons, or AARP, found that age 12 was the median response for 80 percent of those polled.

In a SurveyMonkey.com poll, 57 percent believed that kids should stop trick-or-treating between 12 and 15. And, in a Today.com poll, 62 percent thought there should be an age limit, with 13 being the most common answer.

Mark Eckert, the mayor of one of the towns that restricts trick-or-treating after age 12, recalled, “When I was a kid, my father said to me, ‘You’re too damn big to be going trick-or-treating. You’re done.’”

That was the mentality during my childhood, too. In the 70s, trick-or-treaters were elementary schoolers. Period. It was an unwritten rule followed without analysis or exception.

What to wear?

We trick-or-treated chaperoned on

Halloween night wearing homemade get-ups like Charlie Brown’s bed sheets or boxed costumes that consisted of a cheap mask and a 100 percent polyester sheath printed to resemble Bugs Bunny, Sleeping Beauty or Fred Flintstone.

Not only did the poor children wearing these costumes look nothing like the characters they longed to portray, they also had to steer clear of open fires to avoid bursting into flames!

The masks, well, they had two round holes to see through, and a tiny slit at the mouth that was not big enough to allow breath to escape, making it a steamy, uncomfortable affair. Made of eggshell-thin plastic and held on by flimsy elastic bands, the masks had a working life of about an hour and a half.

But low-quality costumes were not the only harsh realities of Halloween in the 1970s. While the elementary kids were scampering door to door, the rest of the teenage population were in the streets, too, toilet-papering, egging, powder bombing, window soaping, pumpkin smashing and ding-dong-ditching the night away.

Summing up

Which is why, a significant number of people today, 39 percent, according to the Today.com poll, say that trick-or-treating should be encouraged at any age.

Hans Broedel, a University of North Dakota professor who has studied the history of Halloween customs, said, “Trick-or-treating, in a large part, is embraced in this country because it serves to cut down on teenage vandalism.”

Indiana University School of Public Health professor Johnathan Beckmeyer said that older teens might trick-or-treat for the free candy, or it could be that they enjoy experimenting with new identities.

“Halloween is the ultimate role play day,” said Golden Gate University professor, Dr. Kit Yarrow, who opined that millennials simply like to express themselves in public ways.

On that Halloween night in Mayport, something else happened that helped me to put things in perspective.

The street was buzzing with trick-or-treaters, when suddenly, the base loudspeaker crackled with the nightly broadcast of “Colors.” Every parent, pea pod, pirate, princess, goblin, ghoul and gangly teenager stopped to face the flag.

For a moment, we all recognized that, at any age, the sweetest treat we have is being American.

(Visit Molinari for more insights at www.themeatandpotatoesoflife.com.)

Courtesy photo



HALLOWEEN HAPPENINGS

28 / Friday

Spooktacular Party — Join SB Tropics for an 18 and over Halloween party from 7:30-11:30 p.m. Activities include live DJ, tasty treats, dance and costume contest, lip sync battle, prizes and candy hunt competition. Call 655-5698.

Aloun Farms Pumpkin Festival — Public pumpkin picking is held Saturday and Sunday, Oct. 29-30, at 91-1440 Farrington Hwy., Kapolei. Features tractor-pulling hay rides, pony rides, farm-style food, picture booth and games. Admission is \$3; free for ages 2 and younger. Call 677-9516 or visit alounfarms.com/pumpkinfestival.html.

Haunted Forest: Walk of Terror — A 7-acre lot near Kalaeloa Airport becomes a scare zone, through Oct. 31. Hawaii Haunts is open 5-10 p.m., Sunday through Thursday, and until midnight, Friday and Saturday. No admission for the Ohana Scare Festival with rides, games, arts and crafts, and retail booths.

The Haunted Forest tour features actors in creepy costumes, special effects and scary sets. Begins at 7 p.m.; \$25 at the door. Buy tickets and reserve specific time slots at HawaiiHaunts.com or call 533-9016 for information.

29 / Saturday

Hallowbaloo Music & Arts Festival — Street festival, 4:30-10 p.m., at the Hawaii State Art Museum and surrounding areas on Hotel and Richards streets; moves to Chinatown and Aloha Tower Marketplace area for a pub crawl from 9 p.m.-2 a.m. with free trolley service connecting each area from 8-11 p.m.

For ages 21 and over, only. Cost for street festival only, \$15, before 7 p.m.; \$30 after. Hallowbaloo Ball (includes VIP entrée, food and two drinks) is \$80. Visit hallowbaloo.com.

Haunted Wonderland with Deadmau5 — Hawaii Country Club, 94-1211 Kunia Road hosts the Grammy-nominated electronic music producer. Cost is \$65, plus service fee. Tickets at Local Motion locations and flavorus.com.

31 / Monday (Halloween)

U.S. Army Hawaii — On-post trick or treating hours are from 5:30-9 p.m.

SB Youth Dance — Fright Night Dance at the SB Youth Center, 6-9 p.m., for 6-12th grades students. Includes costume contest, haunted house, photo booth and pizza party. Call 655-0451.

Halloween Spooktacular — Pearlridge Center, where Halloween festivities are never dampened by poor weather, hosts. Trick-or-treat at participating stores’ “treat stations” throughout Uptown and Downtown from 5:30 to 7:30 p.m. For children under 12 years and dressed in costume.

MALL TRICK OR TREATING

Sunday, Oct. 30

- Haleiwa Store Lots, 1 p.m.-closing

Monday, Oct. 31 (Halloween)

- Kahala Mall, 5:30-7 p.m.
- Kapolei Marketplace, 5-7 p.m.
- Kapolei Shopping Center, 5-7 p.m.
- Mililani Shopping Center, 5-7 p.m.
- Pearlridge Center, 5:30-7:30 p.m.
- Windward Mall, 5:30-7:30 p.m.

SAFETY Get details about Halloween safety at https://www.couponchief.com/guides/halloween_safety_tips.



Caroline’s Cart readied to assist special needs shoppers

ARMY & AIR FORCE EXCHANGE SERVICE
Hawaii Exchange

SCHOFIELD BARRRACKS — The Army & Air Force Exchange Service makes serving all of its customers a priority; that’s why the Hawaii Exchange is introducing a new shopping cart specially designed for children and adults with special needs.

Caroline’s Cart, named for the special needs daughter of the cart’s inventor, Drew Ann Long, allows parents and

caregivers to bring a special needs individual shopping without having to maneuver a wheelchair and shopping cart at the same time.

Featuring a contoured seat that is comfortable for those with low muscle tone and that keeps occupants upright, Caroline’s Cart can accommodate individuals up to 250 pounds in weight. The cart also features a locking stability brake and movable handles that make getting occupants in and out of the seat easy.

“For the parents and caregivers of special needs individuals, activities many of us take for granted, such as pushing a shopping cart through a store, are complicated and involved tasks,” said Robert Rice, general manager. “Introducing Caroline’s Cart is the least we can do to show our appreciation for those who so selflessly look after those who cannot fully care for themselves on a daily basis.”

Point of Contact

The carts arrive at the Schofield main Store this month. For information, call the Schofield main store at (808) 622-1773.



2016 Toyland toy books slated for early November release

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

DALLAS — The Army & Air Force Exchange Service is helping military kids hone in on the perfect holiday gift idea.

Its 2016 Toyland toy book was released Oct. 21 in the continental United States and Nov. 4 elsewhere.

Stocked with the hottest fall toys for boys and girls of all ages, the Toyland toy book features a special assortment of toys tested by real military children, identifiable by the Military Brat-Approved logo, including products from Disney, Hasbro, Barbie, Lego, Nerf, Little Tikes, Fisher-Price, Mattel and Huffy.

“The Military Brat Approved program is just another example of the Exchange’s efforts to serve the unique needs of the greatest customers in the world,” said retired Army Col. Thomas Ockenfels, the Exchange’s director of staff. “We want to make sure that this holiday season – or any gift-giving occasion – leaves a smile on the faces of our customers’ military brats.”

The toy book’s cover will feature a caricature of Alexander Johnson, who won a \$500 Exchange gift card for winning the Exchange’s 2016 Toyland sweepstakes.



Johnson was selected from nearly 200 young Exchange shoppers worldwide who submitted in 10 words or less what it means to them to be a military brat.

His entry read, “What it means to be a Military Brat. ... It means coming home to a hero every day!”

The Exchange is also offering fee-free layaway through Dec. 24 to help parents keep their military brats’ gifts away from prying eyes before the holidays. For information on fee-free layaway, contact your local Exchange’s customer service desk.

Shoppers can also visit shopmyexchange.com to browse the season’s hottest toys. Online purchases of \$49 ship for free when paying with a Military Star card.

New Military Star cardholders receive special savings discount

ARMY & AIR FORCE EXCHANGE SERVICE
Hawaii Exchange

SCHOFIELD BARRACKS — Military shoppers at the Hawaii Exchange can get a jump on their holiday shopping with an extra discount on first-day purchases with a new Military Star card through the Army & Air Force Exchange Service.

Shoppers who use a new card for the first time from Oct. 28 to Nov. 10 will receive a 15 percent discount on all purchases, instead of the standard 10 percent discount that is regularly offered.

The discount is valid in-store at Schofield and Hickam Exchange facilities and online at shopmyexchange.com. It can be combined with other promotions. The discount will appear as a credit on shoppers’ first billing statements.

28 October to 10 November

SAVE 15%

when you open a new **MILITARY STAR** account

New Military Star cardholders can receive an additional 15 percent discount from Oct. 28 to Nov. 10 when using their card for the first time, instead of the standard 10 percent.

Courtesy graphic

Each time cardholders make a purchase with their Military Star card, they earn points as part of a rewards program. Cardholders earn two points for every \$1 spent in Exchange stores, food courts, mall vendors and on shopmyexchange.com.

Shoppers automatically receive a \$20 Military Star Rewards card for every 2,000 points earned. The card can be redeemed anywhere Exchange gift cards are accepted.

- Benefits**
- Other benefits of the card include these:
- Competitive interest rate of 10.49 percent, which is an industry-leading interest rate.
 - No annual, late or over-limit fees.
 - 10 percent off Exchange food court purchases.
 - 5-cents-per-gallon savings at Exchange gas stations.
 - Free standard shipping at shopmyexchange.com.

More Online

To apply for a Military Star card, authorized shoppers can visit the Hawaii Exchange or log on to www.MyECP.com.

Chaplain envisions we are all God’s ‘pumpkins’

CHAPLAIN (CAPT.) ROBERT PATTERSON
25th Special Troops Battalion
25th Sustainment Brigade
25th Infantry Division

SCHOFIELD BARRACKS — For most of the country back on the mainland, the crisp cool air of the fall season has arrived.

The leaves are changing colors, Christmas decorations have been popping up in stores (albeit, for months, in some cases), cooks are dusting off their special holiday meal recipes, and the candy aisles are overflowing with giant bags of sweet treats in anticipation of Halloween.

Another popular symbol of both the fall season and Halloween is the pumpkin.

I read recently that being a person of faith is a lot like being a pumpkin. While I am getting older and fighting the battle of the expanding mid-section, at first, I



Patterson

didn’t like being described as a pumpkin. But now I feel differently. Let me explain.

Just like a family excitedly searching the patch for their special pumpkin to be proudly displayed on their porch, Scripture tells us the Lord chooses us, and is proud to call us his own. He looks past all the dirt and imperfections on our surface, and sees what we will become when he is finished with his work in us.

The Bible describes how God picks us up from the dirt and sin of the world, and washes us off with his forgiveness. Then he opens us up and cleans out the inside.



It requires some carving and may be a difficult process to undergo as he carefully removes all the seeds of doubt, hate, greed and fear, and replaces them with seeds of faith, hope and love.

The result of these internal changes are seen on the outside as our countenance is changed, revealing a new smile and a face through which his light shines

out into the darkness for all to see.

The good news this Halloween is that through faith in God, an everyday, ordinary squash can be transformed into a lantern of light, shining as a beacon in the dark night, and lighting the path for others to follow.

So this year, if you’re feeling like a plain ole squash, just remember you’ve been chosen, cleaned, lit up from the inside and carved into just the perfect shape God has chosen for you.

I guess I can handle being God’s pumpkin, just as long as I don’t start to look like one.

(Editor’s note: Chaplain adapted article with permission from HomeWord Publications, Kelly McFadden, www.crosswalk.com.)



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil.

(Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
• First Sunday, 1 p.m. at FD

• Last Wednesday, 6 p.m. at MPC

Catholic Mass
• Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
• Tuesday, 7 p.m. at AMR
• Wednesday 11:45 and 5 p.m. at MPC
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC

Gospel Worship
• Sunday, noon. at MPC

• Sunday, 12:30 p.m. at AMR
Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH
(Call 473-3971)

Protestant Worship
• Sunday Services
-9 a.m. at MPC
-9 a.m. at FD
-10 a.m. at HMR and WAAF
-10:30 a.m. at AMR
-11 a.m. at WAAF (Contemporary)

Liturgical (Lutheran/Anglican)
• Sunday, 9:27 a.m. at SC



CONTINUED FROM B-2

Keiki Night — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

Coloring for Adults — Held at SB Arts & Crafts Center from 6:15-7:30 p.m.

Coloring sheets and colored pencils provided, as well as tea and cookies at 6:15 p.m. Call 655-8002.

3 / Thursday
FRG Funds Custodian — Held at SB Nehelani Conference & Banquet Center from 10:30 a.m.-12:30 p.m. for FRG leaders, funds custodians and command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund. It also clearly defines the roles and responsibilities of the funds custodian and alternate. Call 655-4227.

Money Management — Held at SB

ACS from 10-11:30 a.m. Focuses on the core concepts of personal finances. Learn how budgeting, credit and investing fit into your overall financial plan and take away the “Steps to Financial Success.”

1-2-3 Magic — Three-week series offered every other month at SB ACS from noon-1:30 p.m. Breaks down the task of parenting into three straightforward jobs. Call 655-4227.

Book Talk at the Tropics — See if you can convince others to read your favorite reads or be convinced by others to read something new, 6-7:30 p.m., at

SB Tropics, Foote Avenue, Bldg. 589. Snacks will be provided. Bring a friend. Call 655-5698.

Mom & Tots — Attend at the SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. For a mom/parent/guardian to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

Clay Hand Building — Attend at the SB Arts & Crafts Center from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Wing Night at Mulligan’s — Every Thursday night on FS from 3:30-8 p.m.



Courtesy photo

A sedentary lifestyle, including eating takeaway food and watching the television, is a pattern that often results in obesity.

Child obesity merits concern

CAPT. WILLIAM CONKRIGHT
Tripler Army Medical Center

HONOLULU — The health of many American children is suffering. Since the 1980s, childhood obesity rates have tripled, and this statistic not only affects our children’s quality of life, but our national security, as well. One out of four young adults aged 17-24 are turned away from military service due to being too heavy. Their weight management issues typically begin in early childhood.

Childhood factors

The significant increase in childhood obesity rates is due to a number of reasons. First, access to highly processed packaged foods is widespread. These same processed foods tend to be relatively dense in calories (i.e., a high amount of calories in a small volume of food) and have very few key nutrients, which bodies need to grow and use energy effectively. These trends lead to a state where our children are overfed (too many calories), yet, simultaneously undernourished (not enough nutrients). Additionally, processed foods are often engineered to have the perfect combination of flavors that drive us to eat more. Food manufacturing companies call this “the bliss point,” and it is the reason why Lay’s potato chips challenges consumers by putting on their labels “I bet you can’t eat just one.” Another contributing factor to childhood obesity is that children get less physical activity today compared to previous decades. Children spend most of their day in a seated position, whether it is at school or after school watching television or playing video games. American children spend an average of five to seven hours in front of a screen (e.g., TV, computer, etc.). As an added bonus, many of the media outlets viewed by kids advertise unhealthy foods. Additionally, gym classes have been taken out of many schools, and playtime has been replaced with academic classes aimed at scoring well on standardized tests.

Solutions

A solution to the rising rates of childhood obesity will not be simple and will require a comprehensive change in lifestyle and dietary factors. Changes in lifestyle factors include encouraging and allowing adequate time for activity during the school day and after school (i.e., at least 90 minutes of activity per day), limiting screen time to two hours or less per day, and getting adequate sleep. Dietary changes include eating at least two servings of fruits and vegetables per meal (many children get less than one serving per day), having a source of high quality protein at most meals, and consuming nutrient rich, minimally processed foods.

More tips

Replace processed and packaged foods with less processed, whole foods (e.g., substitute animal crackers with banana and peanut butter).

- Replace sedentary forms of entertainment, such as watching TV, with active forms, such as hiking, throwing a baseball or frisbee.
- Include kids in the process of planning and preparing meals to expose them to new foods and teach them basic cooking skills.
- Spend time outdoors as a family.
- Start a calming night-time routine 30-60 minutes before bedtime to encourage adequate sleep (10-13 hours for preschoolers, 9-11 hours for school-age children, 8-10 hours for teens)

(Editor’s note: Conkright is TAMC’s chief, Nutrition Outpatient Clinic.)

Learn More

If you are interested in learning more about teaching kids how to lead a healthier life, contact the Nutrition Outpatient Clinic at (808) 433-4950.

TAMC TIP Halloween Safety



It’s time for Halloween parties and trick-or-treating! Take a few minutes to help keep children safe.

- Make sure to examine all treats for choking hazards and tampering before eating them.
- Wear costumes that fit properly and don’t cover kids’ eyes.
- Plan healthy treats.
- Instead of candy, offer safe nonfood treats or healthy snacks.
- Limit the amount of treats you eat.
- Always trick-or-treat in groups or



with a trusted adult. Never trick-or-treat alone.

- Ensure safety on the street. Mark treat bags and costumes with reflective tape and have children carry a flashlight so drivers can see them.
- Keep porches and walkways clear of candles and other obstacles.
- Always WALK and don’t run.

